

HEALTHY COOKING WITH NICOLE

Crab Mango Salad

(Japanese Kani Salad)

Dressing:

- 1/4 cup mayonnaise
- 2 tablespoons rice vinegar
- 1 teaspoon sriracha sauce
- 1/2 teaspoon paprika
- 1/2 teaspoon freshly grated ginger

Salad

- 1 pkg imitation crab
- 1 mango, peeled and shredded
- 1 apple, peeled and shredded

Top with sesame seeds and chopped scallions, if desired.

- Put dressing ingredients in a large bowl and mix.
- Shred crab sticks by hand and add to bowl.
- Shred mango and apple and add to bowl.
- Toss with dressing and enjoy!

A typical Kani salad is topped with panko breadcrumbs and has more dressing. We increased the amount of mango, and added apple instead of cucumber for some nice crunch and so it could keep longer if making it ahead of time. We left out the breadcrumbs to make it healthier and topped it with sesame seeds and scallions instead.

